



RANSOM & SARGENT
COUNTIES
2025

COMMUNITY HEALTH & WELLNESS GUIDE



ABUSE & NEGLECT SERVICES.....	4
AGING SERVICES.....	5
ASSISTED LIVING / LONG TERM CARE.....	6
BEHAVIORAL HEALTH.....	7
COUNSELING.....	7
TREATMENT / RECOVERY.....	9
SUBSTANCE USE EVALUATION & TREATMENT.....	14
CHILDCARE.....	15
CHILDCARE CENTERS.....	15
FAMILY, GROUP, SELF-DECLARED.....	16
CRISIS LINES.....	17
DISABILITY AND INTERVENTION SERVICES.....	20
EDUCATION.....	21
PRESCHOOL.....	21
ELEMENTARY.....	21
MIDDLE SCHOOL.....	22
HIGH SCHOOL.....	22
OTHER RESOURCES.....	23
LIBRARIES.....	23
EMERGENCY SERVICES.....	24
FOOD RESOURCES.....	26
HEALTH & WELLNESS.....	27
FITNESS.....	27
MASSAGE THERAPY.....	27
SALON.....	28
OTHER.....	29
HOUSING.....	30
AREA HOMELESS SHELTERS.....	30
FARGO/MOORHEAD.....	30
BISMARCK.....	30
HOUSING ASSISTANCE.....	30

INCOME-BASED RENTAL COMPANIES.....	31
RENTAL COMPANIES.....	32
Age 55+ RENTAL COMPANIES.....	32
JOBS & EMPLOYMENT.....	33
LEGAL SERVICES.....	34
MEDICAL & CLINICAL CARE.....	36
CHIROPRACTORS.....	36
CLINICS.....	36
DENTISTS / ORTHODONTISTS.....	37
HOSPITAL.....	38
HOME HEALTH AND HOSPICE CARE.....	38
OPTOMETRISTS.....	39
PHARMACIES / DRUG TAKE BACK LOCATION / SHARPS DISPOSAL.....	39
THERAPY.....	39
VETERINARY SERVICES.....	40
HEALTH EDUCATION.....	40
SOCIAL SERVICES / PUBLIC HEALTH.....	42
PUBLIC HEALTH.....	42
THRIFT STORES.....	43
SPIRITUAL CARE SERVICES.....	43
CHURCHES (Please call for check facebook or website as times may change though the year).....	43
SUPPORT GROUPS.....	45
TRANSPORTATION SERVICES.....	46
VETERANS SERVICES.....	47

ABUSE & NEGLECT SERVICES		
Name & Location	Contact Info.	Service Description
Abuse Resource Network and Therapy 13 11th Ave. West Lisbon, ND 58054 https://www.abuseresourcenetwork.org/	701-683-5061	24/7 crisis line, confidential help and counseling, emergency safe housing, emergency transportation, information and referrals, community education
Child Protection Intake	833-958-3500	Intake phone number available Monday-Friday 8:00am-4:30pm. Report to local law enforcement after hours.
Kedish House 509 89th St SE Ellendale, ND 58436	(701) 349-4729	Center for families and victims of domestic violence and sexual assault. Assistance is available by calling Kedish House or calling the 24 hour hotline. Serves the counties of Dickey, Sargent, LaMoure, Logan, and McIntosh.
RSR Service Zone https://www.hhs.nd.gov/service-locations/human-service-zones/rsr-human-0	(866) 614-6005	Child protection assessments, family foster care case management, parent aide, family focused services, daycare licensing, etc.
VAPS (Vulnerable Adult Protective Services) https://www.hhs.nd.gov/adults-and-aging/reporting	Report online or call toll-free 1-855-GO2LINK 1-855-462-5465 Option 2	The program addresses the safety of vulnerable adults who are at-risk of harm due to the presence or threat of abuse, neglect, or exploitation

AGING SERVICES		
Name & Location	Contact Info.	Service Description
ND Aging and Disability Resource LINK https://carechoice.nd.assistguide.net/	855-462-5465	Directory to services for aging and disabled and their caregivers
Eldercare Locator https://eldercare.acl.gov/Public/Index.aspx	1-800-677-1116	A public service of the Administration for Community Living connecting you to services for older adults and their families.
Lisbon Area Aging in Community 625 Main St. Lisbon, ND 58054 https://www.ndsu.edu/	701-683-8346	Services include: Transportation, social activities, community education, technology help, advanced care planning, and resource center to connect to other services
Valley Senior Services 625 Main St. Lisbon, ND 58054 https://www.valleyseniorservices.org	701-683-3131 (Lisbon)	Services for seniors, including: Meals on Wheels, community dining, transportation, and resource services
Alzheimer's Association 2631 12th Ave. S. Suit C Fargo, ND 58103	701-277-9757 24/7 Helpline: 800-272-3900	Providing support, education, training and other resources to increase knowledge and to support those facing Alzheimer's disease and other dementias
Senior Information Line (N.D. Department of Health and Human Services) 1237 W. Divide Ave. Suite 6 Bismarck N.D. 58501 www.nd.gov/dhs/services/adultsaging	Resource Link: 1.855.GO2LINK (855.462.5465)	Programs and services that support older adult and adults with physical disabilities to live independently in their own homes and communities if they choose.
CHI Health at Home 367 2nd St NW Valley City, ND 58072 https://chihealthathome.info/	855-860-3464	The CHI Health at Home offers a full range of home care and hospice and palliative care services to people of all ages. As your medical needs change, the Lisbon–Oakes Area Home Care offers a personalized plan of care, developed just for you.

ASSISTED LIVING / LONG TERM CARE		
Name & Location	Contact Info.	Service Description
Benedictine Home Health 1307 7th Street N Wahpeton, ND 58075 https://www.benedictineliving.org/wahpeton-nd/	701-671-4477	Our award winning Home Health Care is skilled nursing care, therapy and personal services you receive in the privacy and comfort of your own home that will keep you safe, healthy, and happy.
Beverly Anne Assisted Living 400 Jackson Ave E. Lisbon, ND 58054 https://www.seniorcare.com/assisted-living/nd/lisbon/beverly-anne-assisted-living-center/35715/	701-683-4092	Retirement and assisted living facility
Parkside Lutheran Home 501 3rd Ave W Lisbon, ND 58054 https://parksidelutheranhome.com/	701-683-5239	Skilled nursing and rehabilitation facility
Maryhill Manor 110 Hillcrest Dr. Enderlin, ND 58027 https://smphealth.org/maryhill/	701-437-3544	Nursing home
Four Seasons 483 4th St. SW Forman, ND 58032 https://fourseasonshcc.com/	701-724-5421	Nursing home and assisted living facility
ND Veterans Home 1600 Veterans Drive Lisbon, ND 58054 https://www.ndvh.nd.gov/	701-683-6500	Retirement home for veterans

BEHAVIORAL HEALTH		
Name & Location	Contact Info.	Service Description
COUNSELING		
Abuse Resource Network and Therapy 13 11th Ave. West Lisbon, ND 58054 www.abuseresourcenetwork.org/	701-683-5061	Addiction and trauma counseling
Birchwood Therapeutic Services 115 5th St. N. Breckenridge, MN 56520 www.birchwoodcounseling.com/	218-643-9330	Individual counseling, couple/family counseling, discernment counseling, family reunification, clinical supervision, and therapeutic interventions.
Catholic Charities North Dakota 5201 Bishops Blvd Ste B Fargo, ND 58104 https://catholiccharitiesnd.org	701-235-4457	Individual therapy, couples counseling, and family therapy
CHI St. Alexius/ Archway Mental Health Services 310 N. 10th St. Bismarck, ND 58501	888-771-6276	Behavioral health concerns treated include: Anger, Anxiety, Behavioral Problems, Communication Problems, Depression, Eating Disorders, Grief, Medication Consultation, Mental Health Counseling, Mood swings, Obsession/Compulsions, Psychosis Relationships, School Problems, Stress, Suicidal Thoughts, 24-hour emergency psychiatric consultation, Consultation services are available regionally, Community education programs are provided throughout the year on mental health topics pertaining to all age groups

Chrysalis Behavioral Health Services and Training Center 1620 16th Ave. S. Fargo, ND 58103 https://www.chrysalispc.com	701-809-5370	Family counseling; mental health clinic for children, adolescents, and adults
Dakota Family Services 7151 15th St. S Fargo, ND 58104 dakotafamilyservices.org/	701-645-5985	Family therapy and mental health services for children, adolescents, and adults
Farmer Resource Network https://www.farmaid.org/our-work/resources-for-farmers/farmer-resource-network/	Hotline: 1-800-327-6243	Farmer Services staff answer the hotline Monday through Friday from 9:00 a.m. to 5:00 p.m. eastern time. They provide different types of support including emotional support. The website offers additional resources for farmers and ranchers.
Healing, Empowering, and Learning about Psychosis (HELP) Fargo, ND	701-630-0898	First Episode Psychosis support
NDSU Community Counseling Services 1919 N University Dr Fargo, ND 58102 https://www.ndsu.edu/ceduc/com	701-231-9750	Counseling services for individuals, couples, families, and groups, ages 4 and up
Sanford Health Clinic 420 7th St. S Oakes, ND 58474 https://www.sanfordhealth.org	701-742-3276	Katie Dahlstrom, PMHNP, APRN, CNP, specializes in mental health services
Sanford Health Clinic Lisbon	701-683-2214	Telehealth counseling services Initial appointment at Sanford Psychiatric Services in Fargo, Telehealth in Lisbon for follow up
Senior Life Solutions 905 Main St. Lisbon, ND 58054	701-683-6353	Outpatient group therapy program designed to meet the unique needs of individuals, typically 65 and older, experiencing depression or anxiety related to life changes often associated with aging

Sharehouse Mental Health 4227 9th Ave. S Fargo, ND 58103	877-294-6561	Services include mental health assessments, individual therapy, group therapy, psychological testing, and DBT Skills Training
Southeast Human Service Center 2624 9th Ave. S Fargo, ND 58103 https://www.hhs.nd.gov/HSC/regi-on-5	701-298-4500 888-342-4900	Provides behavioral health services to residents of Cass, Ransom, Richland, Sargent, Steele, and Traill counties
St. Sophie's Psychiatric Center 3201 33rd St. S. Fargo, ND 58104 https://st-sophies.com/	701-365-4488	Outpatient clinical psychiatric care, both in-person and via teletherapy. Services offered for children, adolescents, and adults
The Village Family Service Center 2701 12th Ave S Fargo, ND 58103 https://www.thevillagefamily.org/	701-451-4900	School based mental health counseling
Together Counseling 6046 14th St. S Fargo, ND 58104 https://www.togethercounselinggroup.com/	701-404-0997	Family counseling, come to Lisbon
VA Mental Health North Dakota Veterans Home 1600 Veterans Drive Lisbon, ND 58054 https://www.ndvh.nd.gov/	800-410-9723	Telehealth through ND Veterans Home
TREATMENT / RECOVERY		
North Dakota Drug and Alcohol Rehabilitation Programs for Teens https://www.addicted.org	877-208-7211	Current adolescent rehab centers in North Dakota

North Dakota Addiction Centers https://drugabuse.com		Current addiction treatment centers in North Dakota
Sober Nation https://sobernation.com/	866-207-7436	24/7 support line. Online search for local resources
Substance Abuse and Mental Health Services Administration https://www.samhsa.gov/	877-726-4727 988 Helpline: 800-985-5990	Free, confidential, 24/7/365 treatment referral and information service for individuals and families facing mental health and/or substance use disorders. Services include a disaster distress helpline.
Anchorage Recovery 3027 St. Frontage Rd. Moorhead, MN 56560 https://anchoragerecovery.net/	218-287-1500	Inpatient and outpatient services, including: High intensity residential, medium intensity residential, peer recovery support specialists, treatment coordination, and substance use assessments
A.D.A.P.T. Inc. Headquarters in Bismarck Offices in Bismarck, Devils Lake, Dickinson, Fargo, Grand Forks, Minot, and Williston https://www.adaptincnd.com/	701-255-3717	Outpatient services focus on teaching clients to practice and acquire skills needed for the positive change in their lifestyle as they fight abuse and addiction.
Avera Health https://www.avera.org	605-322-4065	Behavioral health urgent care line, inpatient mental health programs, therapy and treatments, 24/7 farm and rural stress hotline.
Bridges to Recovery South Central Human Service Center Jamestown, ND 58401 thebridgetorecovery.org/	701-253-6300	A residential treatment program that is a clinically managed, high-intensity residential program designed to provide a structured, 24-hour therapeutic environment. The program offers round-the-clock care, therapy, and essential behavioral health services to help people build a strong foundation for wellness. The facility includes a 15-bed capacity.

CentraCare 1900 CentraCare Circle, Suite 2475 St. Cloud, MN 56303	320-229-4977 (888-387-2867)	Addiction services, inpatient, partial hospitalization, outpatient, and therapy services for adults and adolescents
Centre, Inc. https://www.centreinc.org/	701-365-4199	Residential reentry and substance use disorder treatment facilities in Bismarck, Fargo, Grand Forks, Mandan, and Williston.
Clay County Receiving Center Detox 715 N. 11th St. Moorhead, MN 56560	218-299-5171	Residential treatment and detoxification for alcohol, benzodiazepines, cocaine, opioids, and methamphetamines.
Community Medical Services Withdrawal Management Center 2424 32nd Ave S., Suite 103 Grand Forks, ND 58201 communitymedicalservices.org	701-792-6700	Providing a compassionate, holistic approach to overcoming opioid addiction. The addiction treatment center specializes in outpatient medication assisted treatment options. Same-day walk-ins are welcome.
Dakota Boys and Girls Ranch 6301 19th Ave NW Minot, ND 58703 https://dakotaranch.org	701-380-1239	Residential treatment and education to children and families centered on Christian beliefs. Outpatient psychiatric and psychological services are also offered.
First Step Recovery (part of The Village Family Service Center in Fargo) https://www.thevillagefamily.org/services/first-step-recovery	701-451-4900	Focus on outpatient treatment through Family Programs and Family Personal Recovery Plans. First Step offers a partial hospital program, intensive outpatient program, and outpatient program, including relapse prevention and recovery management
Gladys Ray Shelter 1519 1st Ave. S. Fargo, ND 58103	701-476-4145	Free shelter for homeless adults that addresses core issues of homelessness, including chronic chemical dependency, mental illness and physical abilities
Good Road Recovery Center 1308 Elbowoods Ln Bismarck, ND 58503 https://goodroadrecovery.com/	701-751-8260	Outpatient and residential services offered for tribal members

Harm Reduction Center Fargo Cass Public Health 510 5th St. N Fargo, ND 58012	701-298-6982	Provides a safe space to discuss drug use related concerns with a harm reduction specialist. Staff help program participants get connected to resources in the community, including social services, mental health providers, and medical care.
Hazelden Betty Ford Treatment Center 11505 36th Ave N Plymouth, MN 55441 https://www.hazeldenbettyford.org	877-803-1520	Inpatient and outpatient addiction treatment for young people ages 12-25.
Heartview Foundation 101 E. Broadway Ave. Bismarck, ND 58501 https://heartview.org/	701-222-0386	Residential services offered for adults. Outpatient services offered, including partial hospitalization, intensive outpatient, low-intensity outpatient, and continuing services
Life Transformations 227 6th St. N Breckenridge, MN 56520	701-640-8915	A program that helps individuals with drug or alcohol addiction. They assess a client's needs, develop planned interventions, provide services to help reduce or stop the substance use, coordinate services with other providers, and reassess the client on a regular basis.
The Lotus Center 1401 8th St. S. #3 Moorhead, MN 56560 https://thelotuscenterinc.org/	218-284-1800	Outpatient treatment for substance use disorders in adults (age 18+)
M Health Fairview University of Minnesota 2450 Riverside Ave Minneapolis, MN 55454 https://www.mhealthfairview.org/	800-468-3120	Mental health and substance use disorder treatments, including: emergency care, inpatient, outpatient, partial hospitalization, residential, day treatment, therapy and community-based support, and advocacy groups
New Freedom Center 905 E Interstate Ave Bismarck, ND 58503 www.newfreedomcenter.org/	701-222-4673	Residential, outpatient, and family program treatments offered with a holistic approach that addresses physical, psychological, and spiritual aspects of different addictions.

North Dakota Adult and Teen Challenge, Inc. 1406 2nd St NW Mandan, ND 58554 https://www.tc4hope.org/	701-667-2131	Faith-based residential recovery treatment center with accommodations for up to 60 men and 40 women. Residence includes individualized courses, group education classes, daily individual work, chapel, and counseling every 2 months.
PrairieCare 9400 Zane Ave N Brooklyn Park, MN 55443 https://prairie-care.com/locations/prairiecare-brooklyn-park/	952-826-8424	Provides a full continuum of mental health care for youth (including inpatient care up to age 35), as well as intensive outpatient programming and clinic services for adults.
Prairie St. John's 510 4th Street South Fargo, ND 58103 https://prairie-stjohns.com/	701-476-7200	Psychiatric hospital facility offering services to address mental health issues, substance use, and addiction.
Ruth Meiers Adolescent Treatment Center 770 S. 14th St. Grand Forks, ND 58201	701-795-3870	Residential treatment for youth aged 12 to 17 experiencing serious emotional disturbance. Ruth Meiers Adolescent Center offers self pay and financing options.
Sanford Medical Center 300 N. 7th St. Bismarck, ND 58501	701-323-6796	Drug and Alcohol Treatment Services, Detox, Halfway House, Alcohol Detox, Benzodiazepines Detoxification, Cocaine Detox, Buprenorphine detoxification, Methamphetamines Detox, Methadone, Mix of Mental Health and Substance Abuse, Opioids Detoxification
Southeast Human Service Center: Region V 2624 9th Ave. S Fargo, ND 58103 www.hhs.nd.gov/HSC/region-5	701-298-4500	Walk-in behavioral health assessments, referrals and connections to appropriate Services
Trinity Health Minot, ND https://www.trinityhealth.org/services/behavioral-health/	701-418-8000	Inpatient and outpatient mental health services for adults and children (as young as age 5).

SUBSTANCE USE EVALUATION & TREATMENT		
Alcoholics Anonymous Trinity Lutheran Church (Basement Dining Area) 418 5th Ave. W Lisbon, ND 58054		Meets Mondays at 8:00pm and Fridays at 7:00pm. Children are welcome if no childcare is available.
Alcoholics Anonymous Gustaf Adolf Lutheran Church 207 1st St. SE Gwinner, ND 58040		Meets Thursdays at 8:00pm.
Abuse Resource Network and Therapy 13 11th Ave. West Lisbon, ND 58054 www.abuseresourcenetwork.org/	701-683-5061	Substance use evaluations and treatment available.

CHILDCARE		
Child Care Licensing To apply: https://www.hhs.nd.gov/cfs/early-childhood-services/providers/become-a-provider		Licensure required for anyone providing care to more than 5 children or more than 3 infants under 2 years of age. Licensed providers can participate in the Child Care Assistance program and USDA Food Program.
Foster Care Licensing Online Inquiry: https://www.hhs.nd.gov/foster-care-provider-inquiry	833-378-4663	If you are interested in learning more about becoming a licensed foster home, please reach out to the phone number listed or completing the online request.
CHILDCARE CENTERS		
Name & Location	Contact Info.	Service Description
Brooke Newgard 730 Oak Ridge Dr. Lisbon, ND 58054	701-659-1366	Group in home daycare for children ages 0-12 years; Hours of operation are Monday-Friday 6:30am - 5:00pm
Camryn's Clubhouse Danielle Hogness 406 2nd Ave Milnor, ND 58060	701-427-5045	Child care center offering preschool for children ages 1 month-12 years; Hours of operation are 6:30am - 6:00pm
Colby's Corner Daycare Rose Colby 13526 84 St. SE Milnor, ND 58060	701-427-5289	Group in a facility daycare for children ages 0-12 years; Hours of operation Monday-Friday 6:00am - 5:30pm
Cuddlebug's Childcare LLC Morgan Harness 1209 Evenson Drive Lisbon ND 58054	701-625-1232	open 6:45 am-5:30pm In home daycare, infants to age 12.
Happy Trails Child Care Megan Cimbura 224 Hillcrest Dr. Enderlin, ND 58027	701-437-2277	Group in a facility daycare for children ages 0-12 years; Hours of operation are 6:30am - 6:30pm
Imagination Daycare and Preschool Tara Lukes 711 Harris St. Lisbon, ND 58054	701-308-0805	Childcare and preschool serving children aged 18 months - 4 years. Hours of operation are 6am - 6 pm Mon - Fri

Jessie's Daycare Jessica Treat 305 Main St. Forman, ND 58032	530-310-0961	Group in home daycare for children ages 0-12 years; Hours of operation are Monday-Friday 7:00am - 5:30pm
Little Angels Childcare Center Kristy Bopp 122 Railway St. Enderlin, ND 58027	701-437-2273	Group in a facility daycare for children ages 0-12 years; Hours of operation are Monday-Friday 6:30am - 6:00pm
Little Dreamers Daycare Brianna Monroe 6848 Hwy 32 Lisbon, ND 58054	701-683-4871	Childcare ages 0-12 years; Hours of operation are Monday-Friday 6:00am - 5:30pm
Lots of Love Daycare Mary Ann Schweitzer 605 Oak St. Lisbon, ND 58054	701-683-3477	Childcare serving children aged 6 weeks - 12 years
Busy Beez Childcare Misty Lulay 1018 Main St Lisbon, ND 58054	701-793-4386	Group in home daycare for children ages 0-12 years
Sarah Seelig 205 Prospect St. Lisbon, ND 58054	701-680-8980	Family child care for children ages 0-12 years; Hours of operation are Monday-Friday 6:30am - 5:00pm
Tooley Tots Jennifer Tooley 1202 Rose St. Lisbon, ND 58054	701-308-0078	Group in home daycare for children ages 0-12 years; Hours of operation are Monday-Friday 6:00am - 5:30pm
FAMILY, GROUP, SELF-DECLARED		
To view an updated list of family, group and self-declared daycares, visit: https://ndchildcare.org/		

CRISIS LINES		
Name & Location	Contact Info.	Service Description
Crisis Text Line https://www.crisistextline.org/	741741	Free, anonymous 24/7 support from a trained crisis counselor. Text "HOME" to 741741 to be connected.
IMAlive Crisis Chatine www.imalive.org		Non-profit, worldwide 24/7, anonymous chatline to help anyone in crisis.
211 ND & FirstLink	Dial 211 701-293-6462 Toll Free: 1-888-293-6462	Callers in ND and Clay County, MN will be provided with confidential listening and support in addition to information and referral by call specialists trained in crisis intervention, including suicide intervention.
988 Suicide and Crisis Lifeline https://www.hhs.nd.gov/988	988	National suicide and crisis life line
Copline (Law Enforcement Only) http://copline.org/	1-800-267-5463	A confidential helpline for members of US law enforcement. Their website also has additional information on help and resources.
Fire/EMS Helpline http://www.nvfc.org/fireems-helpline/	1-888-731-3473	Also known as Share The Load. A program run by the National Volunteer Fire Council. They have a help line/text line, and have also collected a list of many good resources for people looking for help and support.
Frontline Helpline https://www.frontlinerehab.com/helpline/	1-866-676-7500	Run by Frontline Responder Services. Offer 24/7 coverage with first responder call-takers.
North Dakota Suicide Hotline	701-232-4357	Suicide hotline available for ND residents 24/7
Kristen Brooks Hopeline http://www.hopeline.com/	1-800-442-4673	A national hotline for people suffering from mental health issues.
Mental Health Hotline North Dakota https://mentalhealthhotline.org/north-dakota/	866-903-3787	When you need a trained professional to help you navigate the complexities of your mental health journey, the Mental Health Hotline is available 24-7. You'll be connected with a specialist who'll listen to your experience and offer encouragement as well as information on available resources and recovery options.

National Suicide Prevention Lifeline https://suicidepreventionlifeline.org	ENG: 1-800-273-8255 ESP: 1-888-628-9454 Deaf/Hard of Hearing: 1-800-799-4889	Free, confidential 24/7 support for people in distress. Call to be connected with a trained professional at a crisis center near you. Options for Spanish speaking or deaf/hard of hearing individuals are available.
National Domestic Violence Hotline	800-799-7233	Trained expert advocates available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information
National Sexual Assault hotline	800-656-4673	Connect with a trained staff member from a sexual assault service provider in your area. Service available 24/7
Safe Call Now https://www.safecallnowusa.org/	1-206-459-3020	A 24/7 help line staffed by first responders for first responders and their family members. They can assist with treatment options for responders who are suffering from mental health, substance abuse and other personal issues.
Substance Abuse and Mental Health Services Administration https://www.samhsa.gov/	877-726-4727 988 Disaster Distress Helpline: 1-800-985-5990	Free, confidential, 24/7/365 treatment referral and information service for individuals and families facing mental health and/or substance use disorders. Services include a disaster distress helpline.
The Trans Lifeline https://www.translifeline.org/	1-877-565-8860	Non-profit organization created by/for the transgender community, providing crisis intervention hotlines staffed by transgender individuals.
The Trevor Project http://www.thetrevorproject.org/ Webchat: https://www.thetrevorproject.org/get-help-now/	Hotline: 1-866-488-7386 Text: 1-202-304-1200	Nationwide organization that provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth.

Veteran's Crisis Line https://www.veteranscrisisline.net/ Online chat: https://www.veteranscrisisline.net/get-help/chat/	Call: 1-800-273-8255 Press 1 Text: 83825 Deaf/Hard of Hearing: 1-800-799-4889	Free, anonymous 24-hour hotline that provides phone, webchat, and text options available to military veterans and their families. Options for deaf/hard of hearing individuals are available.
CHI Lisbon Area Health Services 905 Main St. Lisbon, ND 58054	701-683-6400	24/7 Emergency room services
Please LIVE https://www.pleaselive.org/hotlines/		Here's a list of hotlines that may help you in whatever situation you find yourself in. Abortion, Abuse, Addiction, Cancer, Care Givers, Christian Counseling, Chronic Illness/Pain, Crisis for Teens, Crisis, Crisis Pregnancy, Domestic Violence, Eating Disorders, Family Violence, Gambling, Grief/loss, Homeless/Shelters, LGBTQIA+, Parents, Poison, Runaways, Salvation, Self-injury, Sexual Addiction, Suicide,...

DISABILITY AND INTERVENTION SERVICES		
Name & Location	Contact Info.	Service Description
Anne Carlsen Center 701 3rd St NW Jamestown, ND 2800 Main Ave. W. Fargo, ND 58103 4152 330th Ave. S, #102 Fargo, ND 58104 https://annecarlsen.org/	800-568-5175 701-364-2663	Providing individuals with developmental disabilities and delays with services. Early Intervention, Assistive Technology, Day Habilitation, Education, Ideation Center, In-Home Supports, Recreation and Leisure, Residential Services, and other Therapy Options.
Easter Seals 3333 7th Ave N Fargo, ND 58102 www.esqwnd.org/	701-237-9908	Help children, adults, and families to have equal opportunities to live in their communities.
Freedom Resource Center 701 Main St. Lisbon, ND 58054 www.freedomrc.org/	701-683-6850	Provides services to increase independence for people with disabilities.
Valley Senior Services 625 Main St. Lisbon, ND 58054 www.valleyseniorservices	701-683-3131	Serves Ransom and Sargent Counties. Loan closet – loan out walkers, wheel chairs, canes, toilet risers, meals at central daily, outreach worker, groups, transit.
ND Ombudsman Program Protection and Advocacy Bismarck, ND https://www.hhs.nd.gov/adults-and-aging/human-services/adults-and-aging/long-term-care-ombudsman-program	701-328-4617 Toll-free: 855-462-5465	North Dakota's Long-Term Care Ombudsman Program speaks on behalf of people living in assisted living homes, basic care homes, hospital swing beds, transitional care units or nursing homes. The ombudsmen work to resolve complaints to the resident's satisfaction and offer information and resources on long-term care homes.
Social Security Administration 657 2nd Ave. N, #320 Fargo, ND 58102 www.ssa.gov/	1-855-848-7938 Toll Free: 1-800-772-1213	Determines eligibility and makes payments to those who are deemed eligible.

North Dakota Early Intervention Services Region 5 (Cass, Traill, Sargent, Richland, Ransom, and Steele) https://www.hhs.nd.gov/early-childhood-services/early-intervention	(701) 793-3722	North Dakota Early Intervention Services can identify infants and young children (from birth until their third birthday) who have developmental delays when the right help can make all the difference.
--	----------------	---

EDUCATION		
Name & Location	Contact Info.	Service Description
PRESCHOOL		
Bright Broncos Stephanie Johnson 401 Forest St. Lisbon, ND 58054	701-308-0882	Preschool program for children ages 3-6 years; Hours of operation are Monday-Thursday 4:15pm - 6:00pm
Sargent Central Public School PreK 575 5th St. SW Forman, ND 58032		4 year old programs
SENDCAA Head Stacey Jorgenson 418 5th Ave. W. Lisbon, ND 58054	701-683-3133	Head Start program for children ages 3-5 years; Hours of operation are Monday-Friday 8:30am - 3:30pm
ELEMENTARY		
Lisbon Elementary School 580 Ash St. Lisbon, ND 58054	701-683-4107	
Enderlin Area Schools 410 Bluff St. Enderlin, ND 58027	701-437-2240	
North Sargent School 16 1st St. SW Gwinner, ND 58040	701-678-2492	
Fort Ransom School 135 Mill Rd. Fort Ransom, ND 58033	701-973-2591	

Milnor Public Schools 530 5th St. Milnor, ND 58060	701-427-5237	
Sargent Central Public Schools 575 5th St. SW Forman, ND 58032	701-724-3205	
MIDDLE SCHOOL		
Lisbon Middle School 502 Elm St. Lisbon, ND 58054	701-683-4108	
Enderlin Area Schools 410 Bluff St. Enderlin, ND 58027	701-437-2240	
North Sargent School 16 1st St. SW Gwinner, ND 58040	701-678-2492	
Milnor Public Schools 530 5th St. Milnor, ND 58060	701-427-5237	
Sargent Central Public Schools 575 5th St. SW Forman, ND 58032	701-724-3205	
HIGH SCHOOL		
Lisbon High School 502 Ash St. Lisbon, ND 58054	701-683-4106	
Enderlin Area Schools 410 Bluff St. Enderlin, ND 58027	701-437-2240	
North Sargent School 16 1st St. SW Gwinner, ND 58040	701-678-2492	
Milnor Public Schools 530 5th St. Milnor, ND 58060	701-427-5237	

Sargent Central Public Schools 575 5th St. SW Forman, ND 58032	701-724-3205	
OTHER RESOURCES		
LIBRARIES		
Lisbon Public Library 409 Forest St. Lisbon, ND 58054	701-683-5174	Hours of Operation: Mon, Wed, Thur: 11:00am-6:00pm, Tuesday 10:00am-7:00pm,
Enderlin Municipal Library 303 Railway St. Enderlin, ND 58027	701-437-2953	Hours of Operation: Monday-Friday, 12:00pm-6:00pm
Forman City Library 346 Main St. SW Forman, ND 58032	701-742-4032	Hours of Operation: Tuesday and Thursday, 11:00am-6:00pm
Satre Memorial Library 528 5th St. PO Box 369 Milnor, ND 58060	701-427-5237	

EMERGENCY SERVICES		
Name & Location	Contact Info.	Service Description
Highway Patrol	701-328-9921	
Ringdahl EMS First Medic Ambulance 1100 Oak St. Lisbon, ND 58054	701-683-4721	Emergency medical services and transport.
Milnor Ambulance 25 1st Ave Milnor, ND 58060	701-427-5272	Coordinator: Brian Tayer
Forman Ambulance 349 Main St. Forman, ND 58032	701-724-6241 ext. 126	Coordinator: Trent Mahler
Gwinner First Responders 4 1st. St SE Gwinner, ND 58040	701-680-0337	Coordinator: Ryan Johnson
Enderlin First Responders Enderlin, ND 58027	701-308-0580	Coordinator: Lateasa Maley
Fort Ransom First Responders Fort Ransom, ND 58033	701-680-0461	Coordinator: Kyle Sorby
Fort Ransom Fire Department Fort Ransom, ND 58033	701-680-0461	Coordinator: Kyle Sorby
Lisbon Fire Department Lisbon, ND 58054	701-680-1950	Chief: Jason Dick
Enderlin Fire Department Enderlin, ND 58027	701-400-8902	Chief: John Anderson
Gwinner Fire Department Gwinner, ND 58040	701-678-2700	Chief: Chris Ferderer
Forman-Havana Fire Department Forman, ND 58032	701-724-3673	Chief: Clint McGlaughlin
Cogswell-Brampton Fire Department Cogswell, ND 58017	701-724-3881	Chief: Kevin Throener
Milnor Fire Department Milnor, ND 58060	701-427-5272	Chief: Mike Elenberger

Rutland-Cayuga Fire Department Rutland, ND 58067	701-724-6400	Chief: Jesse Maly
Thrill Hills Ski Patrol 270 Mill Rd Fort Ransom, ND 58033	701-680-8004	Coordinator: Landon Bayger
CHI Lisbon Area Health Services 905 Main St. Lisbon, ND 58054	701-683-6400	Emergency room in local hospital.
North Dakota Poison Control Center https://ndpoison.org/	1-800-222-1222	Available 24/7
Ransom County Emergency Management 204 5th Ave. W Lisbon, ND 58054	701-683-5158	Local 911 dispatch office.
Sargent County Emergency Management 355 5th St. S Forman, ND 58032	701-724-6241	Local 911 dispatch office.
Lisbon Police Department 432 Main St. Lisbon, ND 58054	701-683-4141	Chief: Jon Oien
Ransom County Sheriff's Office 204 5th Ave. W Lisbon, ND 58054	701-683-5255	County Sheriff's office.
Sargent County Sheriff's Office 355 Main St. S., #6 Forman, ND 58032	701-724-3302	County Sheriff's office.

FOOD RESOURCES		
Name & Location	Contact Info.	Service Description
Enderlin Area Food Pantry 326 Bluff St. Enderlin, ND 58027	701-437-3317	Hours of Operation: 2nd and 4th Tuesday 9:00am-6:00pm Serving Enderlin, Sheldon, Alice and Nome areas
Ransom County Food Pantry 507 Forest St. Lisbon, ND 58054	701-308-0905	Available to anyone in need of assistance. Recipients should call by 5:00pm on Wednesdays of each week to receive a food basket on Thursday Hours of Operation: Tuesday 8:00am-5:00pm Thursday 1:00pm-3:30pm
Sargent County Food Pantry 104 N. Main St. (Community Center) Gwinner, ND 58040	701-680-7049	Hours of Operation: Tuesday 1:00pm-4:00pm
Sargent County Food Pantry Distribution Center 355 Main St. Forman, ND 58032	701-680-7049	Call for appointment
Valley Senior Services 625 Main St. Lisbon, ND 58054 www.valleyseniorservices.org	701-683-3131	Meals on Wheels for residents of Ransom and Sargent Counties For ages 60+ and home bound -congregate dining & takeout/Frozen meals
Senior Food Pack Program (CSFP) 1720 3rd Ave N Fargo, ND 58102 https://greatplainsfoodbank.org/our-work/feed-seniors/	701-476-9126	Supplies individuals aged 60 and over with incomes less than 130 percent of the federal poverty line with monthly nutritionally based, shelf-stable food packages.
WIC -Sargent County Forman, ND 58032 WIC -Ransom County Lisbon, ND 58054 https://www.hhs.nd.gov/food-programs/WIC	SC: 701-724-3725 RC: 701-683-6140	Nutrition and breastfeeding program for pregnant Women or with children younger than 5

HEALTH & WELLNESS		
Name & Location	Contact Info.	Service Description
FITNESS		
Community Wellness Center 575 5th St. SW Forman, ND 58032	701-724-3205	A part of Sargent Central Public Schools. Available 24/7 for members. https://www.sargentcentral.org/
Enderlin Wellness Center 327 Railway St. Enderlin, ND 58027	701-437-2525	Open 24/7
Mobility Plus 11 Main St. N. Gwinner, ND 58040	701-678-2244	Hours of Operation: Monday-Thursday 5:00am-7:00pm Friday 5:00am-6:00pm
Moxy Fitness 401 Main St. Lisbon, ND 58054	701-680-4418	Hours of Operation: Daily 5:30am-8:00pm
X-Treme Fitness 310 Main St. Lisbon, ND 58054	701-678-5205	Open 24/7
MASSAGE THERAPY		
Dakota Touch of Health 901 Maple St. Lisbon, ND 58054	701-683-2264	
Indigo Massage 302 Main St. Lisbon, ND 58054	701-680-5242	Amanda Hanson, LMT
Kneads of Balance 14132 56th St SE Sheldon, ND 58068	701-214-9298	
MV Massage 401 Main St. Lisbon, ND 58054	701-308-1384	
Unwinding Massage 525 Main St Milnor, ND 58060	605-759-8518	
Relaxing Moments Massage 207 Broadway St. Enderlin, ND 58027	701-400-3436	

Soul Haven Massage 20 Main St. N Gwinner, ND 58040	701-680-8847	
SALON		
Fringe Salon 343 Main Ave SW, Forman ND 58032	701-640-5706	
Hair by Danielle 343 Main St. SW Forman, ND 58032	701-724-3639	
Hair de' Chi 417 Main St. Lisbon, ND 58054	701-308-0036	
Hair Haven 318 3rd Ave. Enderlin, ND 58027	701-437-2151	
Fringe Salon 343 Main St. SW Forman, ND 58032	701-640-5706	
J S Impressions 423 Main St.. Milnor, ND 58060	701-427-5269	
Kyller Kuts 314 Main St. Lisbon, ND 58054	701-446-7336	
Modern Images 201 5th Ave Enderlin, ND 58027	701-437-3411	
Modern Roots 411 Main St., Suite C Lisbon, ND 58054	701-320-3363	
Razor's Edge 214 Main St. Lisbon, ND 58054	701-683-3371	
Rock Paper Scissors 20 N. Main St. Gwinner, ND 58040	701-678-2010	

Salon Embrace 6811 ND-32 Lisbon, ND 58054	701-683-5497	
Shear Perfection 315 Main St. Lisbon, ND 58054	701-683-4064	
Sheldon Headquarters 118 Fowler St. Sheldon, ND 58068	701-882-3283	
OTHER		
Mobility Plus Rehabilitation 11 Main St. N. Gwinner, ND 58040 https://www.mobilityplus.biz/	701-278-2244	Dry needling
The Palace 327 Main St. Forman, ND 58032	701-866-9166	Health food store
Tru Wellness 401 Main St. Lisbon, ND 58054	701-883-5881	Nutritional IV Therapy
Younique Nutrition 401 Main St. Lisbon, ND 58054	701-640-4418	Health food store
Ya Betcha Nutrition Main St. Gwinner, ND 58040	701-678-4734	Health food store

HOUSING		
Name & Location	Contact Info.	Service Description
AREA HOMELESS SHELTERS		
FARGO/MOORHEAD		
Churches United for the Homeless 1901 1st Ave. N. Moorhead, MN 56560	218-236-0372	Takes families, singles, and violent crimes. No sex offenders. Open 8:00am-7:00pm daily.
Dorothy Day House Churches United 714 8th St. S. Moorhead, MN 56560	218-233-5763	Takes people who are homeless and hungry. Takes in sex offenders. Open 24/7.
Gladys Ray Shelter 1519 1st Ave. S. Fargo, ND 58103	701-364-0116	Takes people who cannot access other shelter options in the community. No violent crimes/sex offenders are taken for only 2 days. Open 6:00pm-8:00am.
YouthWorks 317 S University Dr Fargo, ND 58103	701-232 -8558	Helps homeless, runaway, trafficked and struggling youth. Hours: 8:30am–5pm Mon-Fri
BISMARCK		
United Way Homeless Shelter 515 N 4th St Bismarck, ND 58501	701-255-3601	Emergency shelter to offer a warm and safe place, meals, basic necessities, and linkages to services. First come, first serve. Open 8pm–9pm daily.
Welcome House INC. For Mother with Family 1902 E Thayer Ave Bismarck, ND 58501	701-751-0142	Provides short-term shelter, help in obtaining permanent housing and a variety of supportive services. All are welcome.
HOUSING ASSISTANCE		
Ransom County Housing Authority PO Box 5 Ashley, ND 58413	701-288-3645	Hours of Operation: Monday-Friday 9:00am-4:30pm Provides safe and affordable housing opportunities for persons and families

Great Plains Housing Authority (Sargent County) 58 1st Ave. S. Ellendale, ND 58436 https://greatplainsha.com/	701-952-8094	Hours of Operation: Tuesdays 8:00am-4:30pm, Fridays by appointment. Voucher program available for housing assistance; online application available
High Plains Fair Housing 406 Demers Avenue Grand Forks, ND 58201 https://www.highplainsfhc.org/	701-203-1077 1-866-380-2738	North Dakota housing advocacy
INCOME-BASED RENTAL COMPANIES		
Fairview 262 2nd St. SW Forman, ND 58032 www.lowincomehousing.us	701-356-9501	Low income housing, accepts HUD subsidies, call for more information
Leisure Homes 7th Ave. and 3rd St. Milnor, ND 58060 www.lowincomehousing.us	701-356-9501	Low income housing, accepts HUD subsidies, call for more information
Lisbon South Oaks Apartments 1009 Oak St. Lisbon, ND 58054 www.lowincomehousing.us/	701-365-5000	Low income housing, accepts HUD subsidies, call for more information
Pleasant View Villa 103a Oehlke Ave. Enderlin, ND 58027 www.lowincomehousing.us/	701-356-9501	Low income housing, accepts HUD subsidies, call for more information
Rosewood Apartments 107 Brown Ave. Lisbon, ND 58054 www.lowincomehousing.us/	701-683-5249	Low income housing, accepts HUD subsidies, call for more information
Sunset Village II 304 Birth St. Lisbon, ND 58054 rvcdc.org/rental-properties/sunset-village-ii/	701-232-2452	Low income housing, rates based on income and number of residents
Webster Manor Apartments 207 8th Ave E Lisbon, ND 58054 www.lowincomehousing.us/	701-365-5000	Low income and senior housing, accepts HUD subsidies, call for more information

Woodland Homes 373 3rd St. Cogswell, ND 58017 www.lowincomehousing.us/	701-356-9501	Low income housing, accepts HUD subsidies, call for more information
RENTAL COMPANIES		
Enderlin		https://enderlinnd.com/housingrental
Forman		https://formannd.com/apartments-and-rentals
Gwinner		https://gwinnernd.com/rental-properties
Lisbon		https://cityoflisbon.net/2021/09/01/home-rental-property-contacts/
Milnor		https://www.milnornd.com/rentals
Rutland		https://rutlandnd.com/apartments-and-rentals
Age 55+ RENTAL COMPANIES		
Maple River Manor 230 6th Ave. Enderlin, ND 58027 http://www.thiestalle.com/	701-371-1185	Income based rent for disabled or 55+ years old individuals
Pleasant View Apartments Dewey St. and Oehlke Ave. Enderlin, ND 58027 https://enderlinnd.com	701-680-7679	Community room, ground level, laundry on site, all utilities paid, income based rent.
Prospect Manor 400 Prospect St. Lisbon ND 58054	701-683-3200	Income Limits Apply Senior Living Community Partially Paid Utility Costs We accept housing choice vouchers

JOBS & EMPLOYMENT		
Name & Location	Contact Info.	Service Description
City of Forman formannd.com/employment		Current openings for multiple employers in Forman and the surrounding area
City of Gwinner gwinnernd.com/employment-opportunities-1		Current openings for multiple employers in Gwinner and the surrounding area
City of Lisbon cityoflisbon.net/job-openings/		Current openings for multiple employers in Lisbon and the surrounding area
City of Enderlin enderlinnd.com/employment		Current openings for multiple employers in Enderlin and the surrounding area
Ransom County ransomcountynd.net/employment/		Current openings for Ransom County
Job Service of ND 1350 32nd St S, Fargo, ND 58103 www.jobsnd.com	701-239-7300	

LEGAL SERVICES		
Name & Location	Contact Info.	Service Description
Legal Services of North Dakota	<60: 1-800-634-5263 >60: 1-800-621-9886	
Fallon Kelly Ransom County State's Attorney 316 Main St. P.O. Box 391 Lisbon, ND 58054 fkelly@drtel.net	701-683-4123	Ransom County State's Attorney https://www.jonesandkelly.com/
Jeffrey Leadbetter Leadbetter Law Office 7 Fourth Ave. W. P.O. Box 511 Lisbon, ND 58054 ellaw@drtel.net	701-683-5510	Estate Planning, Real Estate Law
Lyle P Thomason 314 Main St. P.O. Box 896 LISBON, ND 58054 lpthomas@drtel.net	701-683-3175	Family law, criminal law, business law, adoptions, guardianship, Social Security disability, and more
Lyle R Bopp Bopp Law 332 Main St. S. P.O. Box 125 Forman, ND 58032 https://lawyers.justia.com/lawyer/lyle-r-bopp-954336 Lbopp@nd.gov	701-724-3366	Estate planning, real estate law and business law.

Jayne Pfau Sargent County State's Attorney 355 Main St. S. Ste. 5 Forman, ND 58032 jmpfau@nd.gov	701-724-3888 Ext. 5	Sargent County State's Attorney
LeeAnn Even Even Law 326 Fifth Street Post Office Box 1 Cogswell, ND 58017 leeanneven@drtel.net	701-724-3772	Litigation, General practice
Jeffrey Thomas Glynn Glynn Law Firm, PC 121 Main St. P.O. Box 339 Ellendale, ND 58436 jeff@glynnlaw.net	701-349-2214	Oil and gas law https://www.fredlaw.com/

MEDICAL & CLINICAL CARE		
Name & Location	Contact Info.	Service Description
CHIROPRACTORS		
Balanced Journey Chiropractic and Acupuncture 15 11th Ave. W. Lisbon, ND 58054	701-680-2031	
Family Chiropractic and Massage 207 Broadway St. Enderlin, Nd 58027 https://familychironmassage.com	701-437-3888	
Inspiration Family Chiropractic and Wellness 12 10th Ave. W Lisbon, ND 58054 https://inspirationfcw.com/	701-683-5272	
Lisbon Chiropractic Clinic 906 Main St. Lisbon, ND 58054	701-683-4582	
Sheyenne Valley Chiro Clinic 15 11th Ave. W. Lisbon, ND 58054	701-683-5337	
Waswick Chiropractic 10 Main St. N Gwinner, ND 58040 www.waswickchiropractic.com/	701-678-2431	
CLINICS		
CHI Lisbon Health Clinic 905 Main St. Lisbon, ND 58054	701-683-6400	Hours of Operation: Monday-Friday 8:00am-5:00pm
CHI St. Francis Health Milnor Clinic 401 Main St. Milnor, ND 58060	701-427-5300	Hours of Operation: Monday, Wednesday, Thursday 8:00am-4:30pm
Essentia Health-Lisbon Clinic 819 Main St. Lisbon, ND 58054	701-683-4134	Hours of Operation: Monday-Friday 8:00am-4:30pm

Ransom County Public Health 404 Forest St. Lisbon, ND 58054	701-683-6140	Public health department Hours of Operation: Monday-Friday 8:00am-4:30pm
Sanford Health-Enderlin Clinic 201 4th Ave. Enderlin, ND 58027	701-437-3320	Hours of Operation: Monday 7:00am-7:00pm Tuesday 7:00am-3:00pm Wednesday 7:00am-3:00pm Thursday 7:00am-5:00pm Friday 7:00am-12:00pm
Sanford Health-Gwinner Clinic 69 State Rte 13 Gwinner, ND 58040	701-678-2263	Hours of Operation: Monday 1:00pm-4:00pm Tuesday 1:00pm-4:00pm Wednesday 9:00am-4:00pm Thursday 1:00pm-4:00pm Friday 9:00am-4:00pm
Sanford Health-Lisbon Clinic 102 10th Ave. W. Lisbon, ND 58054	701-683-2214	Hours of Operation: Monday-Friday 8:30am-4:00pm
DENTISTS / ORTHODONTISTS		
Bridge City Dentistry 239 2nd Ave NW Valley City, ND 58072-2909 bridgacitydentistry.com	701-845-4221	Hours of Operation: Monday - Thursday 7:00am-3:00pm Accepts Medicaid
Dr. Ryan Dahl Dentistry 11 11th Ave. W Lisbon, ND 58054	701-683-4455	Hours of Operation: Monday, Tuesday, Thursday, Friday 8:00am-5:00pm Accepts Medicaid
Dr. Ryan Dahl Dentistry 213 4th Ave Enderlin, ND 58027	701-437-2676	Wednesday 8:00am-5:00pm Accepts Medicaid
Hiam Dental 513 Main St. Lisbon, ND 58054	701-683-5821	Hours of Operation: Monday-Thursday 8:00am-5:00pm
Lisbon Smiles 420 Main St. Lisbon, ND 58054	701-683-7695	Hours of Operation: Monday-Thursday 8:00am-5:00pm

Pediatric Dentistry LTD 3142 49th St S Fargo, ND 58104	701-293-6999	Hours of Operation: Monday - Thursday: 8 - 5 PM Accepts Medicaid Specialty: Pediatric Dentistry
HOSPITAL		
CHI Lisbon Area Health Services 905 Main St. Lisbon, ND 58054 https://lisbonhospital.com	701-683-6400	
HOME HEALTH AND HOSPICE CARE		
Heather's House Hospice Red River Valley 3800 56th Ave S. Fargo, ND 58104 https://www.hrrv.org/hospicehouse	800-237-4629	Heather's House is the first freestanding hospice house in North Dakota.
Hospice Red River Valley 3800 56th Ave S. Fargo, ND 58104 https://www.hrrv.org/	800-237-4629	Everyone deserves to have the best quality of life possible and be treated with dignity, especially during the last months of life. Hospice care helps people live comfortably and with a sense of normalcy, regardless of a terminal illness.
CHI Health at Home 367 2nd St NW Valley City, ND 58072 https://chihealthathome.info/	855-860-3464 or 701-845-6550 FAX 701-845-6552	The CHI Health at Home offers a full range of home care and hospice services to people of all ages. As your medical needs change, the Lisbon, Oakes, and Valley City Areas Home Care offers a personalized plan of care, developed just for you.
Sanford Home Care 3223 32nd Ave S, Fargo, ND 58103 https://www.sanfordhealth.org	701-234-3165 701-234-4900	Sanford Home Health Fargo is a team of experienced, dedicated staff with over 29 years of experience, here to help you stay in your home and still receive expert medical and non-medical care. We provide a wide range of services to all age groups from birth through end of life in the community.

OPTOMETRISTS		
Lisbon Vision Center 17 11th Ave. W. Lisbon, ND 58054 https://www.lisbonvision.com/	701-683-5815	Hours of Operation: Monday-Thursday 8:00am-5:00pm Friday 8:00am-12:00pm
PHARMACIES / DRUG TAKE BACK LOCATION / SHARPS DISPOSAL		
NuCara Pharmacy 407 Main St. Lisbon, ND 58054 http://www.nucara.com/	701-683-5282	Hours of Operation: Monday-Friday 8:30am-5:30pm
Forman Drug 330 Main St. S. Forman, ND 58032	701-742-6222	Hours of Operation: Monday-Friday 8:30am-5:30pm
Gwinner Gift 71 Hwy 13 N Gwinner, ND 58040	701-678-2300	Pick up and drop off site (pick up from Forman drug store) Mon-Fri 9am-5pm
Thrifty White Pharmacy 404 Main St. Lisbon, ND 58054	701-683-4691	Hours of Operation: Monday-Friday 9:00am-5:30pm
THERAPY		
CHI Lisbon Therapy Department 905 Main St. Lisbon, ND 58054 https://lisbonhospital.com	701-683-6400 Ask for Therapy Department	Outpatient and inpatient physical and occupational therapy
Mobility Plus Rehabilitation 209 4th Ave Enderlin, ND 58027 https://www.mobilityplus.biz/	701-437-3782	Hours of Operation: 9:00am-4:00pm
Mobility Plus Rehabilitation 11 Main St. N. Gwinner, ND 58040 https://www.mobilityplus.biz/	701-678-2244	Hours of Operation: Monday-Thursday 5:00am-7:00pm Friday 5:00am-6:00pm
Mobility Plus Rehabilitation 802 Main St. Lisbon, ND 58054 https://www.mobilityplus.biz/	701-683-7900	Hours of Operation: Monday-Friday 8:00am-5:00pm

CHI Health at Home 367 2nd St NW Valley City, ND 58072 https://chihealthathome.info/	855-860-3464	The CHI Health at Home brings therapy service to your home.
VETERINARY SERVICES		
Bear Creek Veterinary Services 5646 130th Ave SE Enderlin, ND 58027	701-680-1235	Hours of Operation: Monday-Friday 9:00am-5:00pm Saturday 9:00am-1:00pm
Enderlin Veterinary Clinic 13484 ND-46 Enderlin, ND 58027 www.enderlinvetclinic.com	701-437-3201	Monday-Friday 8:00am-5:00pm
Lisbon Veterinary Service 702 5th Ave W Lisbon, ND 58054 https://lisbonvet.com/	701-683-4686	Monday-Friday 8:00am-12:00pm, 1:00pm-5:00pm Saturday 8:00am-12:00pm
Red Barn Veterinary Services 5680 140th Ave SE Sheldon, ND 58068 www.redbarnvetservices.com/	701-882-3433	Monday 8:00am-5:00pm Tuesday 7:30am-6:00pm Wednesday 8:00am-4:00pm Thursday 7:30am-6:00pm Friday 8:00am-5:00pm
Sheyenne Valley Veterinary Services 114 Ruby Rd Milnor, ND 58060	701-427-9358	Monday 8:00am-5:00pm Tuesday 8:00am-5:00pm Wednesday 6:00am-6:00pm Thursday 8:00am-5:00pm Friday 8:00am-5:00pm Saturday 8:00am-12:00pm
HEALTH EDUCATION		
Abuse Resource Network and Therapy 13 11th Ave. W. Lisbon, ND 58054 https://www.abuseresourcenetwork.org/	701-683-5061	Prevention and Education on Healthy Relationships through evidence-based curriculums.

Lisbon Area Aging in Community 625 Main St. Lisbon, ND 58054 https://www.ndsu.edu/	701-683-8346	Falls prevention and care giver support education; other seasonal educational opportunities.
CHI Lisbon Area Health 905 Main St. Lisbon, ND 58054 https://lisbonhospital.com/	701-683-6400	Various health related topics, including: Diabetes, stroke, and heart health.
CHI Health at Home 367 2nd St NW Valley City, ND 58072 https://chihealthathome.info/	855-860-3464	Providing Disease Management and Education
Ransom County Public Health 404 Forest St. Lisbon, ND 58054 https://ransomcountynd.net/public-health/	701-683-6168	Chronic disease education and management, substance use prevention education, tobacco cessation and education, family planning, emergency preparedness, environmental health, immunizations, child car seats, physical activity, nutrition, and various safety topics education.
Sargent County District Health Unit 316 Main St. S. Forman, ND 58032 http://sargentnd.com/dept_district_health_unit.php	701-724-3725	Chronic disease education and management, substance use prevention education, tobacco cessation and education, emergency preparedness, environmental health, immunizations, child car seats, physical activity, nutrition, and various safety topics education.
First Medic Ringdahl Emergency Medical Services 1100 Oak St. Lisbon, ND 58054	701-683-4721	Courses offered: CPR, First Aid, Emergency Medical Responder, Emergency Medical Technician, Advanced Cardiovascular Life Support, Pediatric Advanced Life Support
NDSU Extension Ransom County 204 5th Ave. W. Lisbon, ND 58054	701-683-6128	Gives local residents easy access to the resources through educational programs. https://www.ndsu.edu/

NDSU Extension Sargent County 8991 Hwy 32, Suite 3 Forman, ND 58032	701-724-3355	Gives local residents easy access to the resources through educational programs. https://www.ndsu.edu
Valley Senior Services Ransom County www.valleyseniorservices.org	701-683-3131 877-857-3743	Nutrition counseling for clients participating in the Meals on Wheels program.

SOCIAL SERVICES / PUBLIC HEALTH		
Name & Location	Contact Info.	Service Description
RSR Human Service Zone 205 4th Ave. W. PO Box 628 Lisbon, ND 58054	701-683-6133 Fax: 701-683-4491	Serving the residents of Ransom, Richland, and Sargent Counties. Local services include Child Welfare Services (child protection assessments, in-home case management, and foster care case management), and applications for Economic Assistance.
Economic Assistance Customer Support Center P.O. Box 5562 Bismarck, ND 58506 Online application: https://www.hhs.nd.gov	866-614-6005	Contact to apply for Medicaid, SNAP, CCAP, LIHEAP, and TANF, report changes to your case, and answer questions about your case or programs Email: applyforhelp@nd.gov
PUBLIC HEALTH		
Ransom County Public Health 404 Forest St. Lisbon, ND 58054 https://ransomcountynnd.net	701-683-6168	Public health department
Sargent County District Health Unit 316 Main St. S. Forman, ND 58032 http://sargentnd.com	701-724-3725	Public health department.

THRIFT STORES		
Encore Thrift Store 213 4th Ave Enderlin, ND 58027	701-437-3838	Monday-Friday 10am-5:30pm Saturdays 10am-3pm
Lisbon Open Door Center 1411 S. Front St. Lisbon, ND 58054	701-683-2201	Monday-Friday 9am-4pm

SPIRITUAL CARE SERVICES		
Name & Location	Contact Info.	Service Description
CHURCHES -Please call for check facebook or website for time may change though the year..		
Faith Assembly of God 1010 Forest St. Lisbon, ND 58054	701-683-5756	Sunday worship: 10 am
First Baptist Church 401 Forest St. Lisbon, ND 58054	701-683-4404	Sunday worship: 10 am Sunday Bible discussion: 11 am Wednesday prayer: 6:30pm
First Lutheran Church 326 Bluff St. Enderlin, ND 58027	701-437-3317	Sunday worship: 9 am
First Presbyterian Church 10 6th Ave. W Lisbon, ND 58054	701-683-4885	Sunday worship: 10 am
First United Methodist Church 228 5th Ave. Enderlin, ND 58027	701-437-3407	Sunday worship: 10 am
Gustaf Adolf Lutheran Church 207 1st St. SE Gwinner, ND 58040	701-678-2552	Sunday worship: 9:30 am
Hope Free Lutheran Church 228 5th Ave. Enderlin, ND	701-437-3777	Sunday worship: 10 am
Immanuel Lutheran Church 8199 147th Ave. SE Milnor, ND 58060	701-427-5572	Sunday worship: 11 am

Kingdom Hall of Jehovah's Witnesses 367 Oehlke Ave Enderlin, ND 58027	701-437-3576 701-977-9771	Thursday: 7:30pm Sunday: 10 am
Milnor Lutheran Church 321 2nd St. Milnor, ND 58060	701-427-9273	Sunday worship: 9:30 am
Our Lady of the Scapular Catholic Church 145 Crosswell St. Sheldon, ND 58068	701-437-2791	Saturday: 5:00 PM Sunday: 8:30 AM , 10:30 PM (Locations: Enderlin, Sheldon, and Fingal services time change throughout the year) Daily Mass Schedule Wednesday:9:00 AM Sheldon Thursday:10:30 AM Maryhill
Redeemer Lutheran Church (LCMS) 801 Forest St. Lisbon, ND 58054	701-683-3462	Sunday worship: 10 am
St. Aloysius Catholic Church 701 Oak St. Lisbon, ND 58054	701-683-4620	Sunday worship: 10 am
St. Arnold's Catholic Church 107 3rd St. Milnor, ND 58060	701-427-9288	Sunday Mass at 10:30 a.m. October through March Sunday Mass at 8:30 a.m. April through September
St. Mary's Catholic Church 484 4th St. SW Forman, ND 58032	701-724-3319	Summer Mass Schedule: 1st Saturday of the month 7:30 p.m. (No Mass that Sunday) 2nd, 3rd, and 4th weekends: 8 a.m. Sunday
St. Patrick's Catholic Church 302 Bluff St. Enderlin, ND 58027	701-437-2791	Saturday: 5:00 PM Sunday: 8:30 AM , 10:30 PM (Locations: Enderlin, Sheldon, and Fingal services time change throughout the year) Daily Mass Schedule Monday:7:00 AM Private Mass Thursday:10:30 AM Maryhill Friday: 7:00 AM Enderlin

St. Vincent's Catholic Church 302 State Rte 13 Gwinner, ND 58040	701-683-4620	Sunday worship: 10 am
Standing Rock Lutheran Church 136 Mill Rd Fort Ransom, ND 58033	701-973-2671	Sunday worship: 11 am Please see the Facebook page for changes.
Trinity Lutheran Church 319 4th Ave Enderlin, ND 58027	701-437-2433	Sunday worship: 10 am
Trinity Lutheran Church (ELCA) 410 Cedar Ave. SW Forman, ND 58032	701-724-3349	Sunday worship: 9 am
Trinity Lutheran Church (ELCA) 419 5th Ave. W. Lisbon, ND 58054	701-683-5841	Sunday worship: 9 am
United Methodist Church 602 Forest St. Lisbon, ND 58054	701-683-4479	Sunday worship: 10 am
United Methodist Church 720 Main St. Milnor, ND 58060	701-427-9401	Sunday worship: 9 am
Zion Lutheran Church (LCMS) 420 1st St. SE Gwinner, ND 58040	701-678-2401	Sunday worship: 10 am

SUPPORT GROUPS		
Name & Location	Contact Info.	Service Description
Alcoholics Anonymous Trinity Lutheran Church 418 5th Ave. W Lisbon, ND 58054		Meets Mondays at 8:00pm and Fridays at 7:00pm. Children are welcome if no childcare is available (Basement Dining Area)
Alcoholics Anonymous Gustaf Adolf Lutheran Church 207 1st St. SE Gwinner, ND 58040		Meets Thursdays at 8:00pm.
CHI Health at Home 367 2nd St NW Valley City, ND 58072 https://chihealthathome	855-860-3464	Grief Support Call for times and locations

TRANSPORTATION SERVICES		
Name & Location	Contact Info.	Service Description
Aging in the Community Lisbon	701-683-8346	Rides for residents age 60 and older in the Lisbon School District. Call to schedule a ride.
Heart Program Enderlin	701-437-2877	Free rides for 65 and older inside Enderlin School District, including the towns of Enderlin, Sheldon, Nome, and Alice.
Jefferson Lines www.jeffersonlines.com/bus-stops/north-dakota/	Headquarters phone: 800-451-5333	Stops: Bismarck, Dickinson, Fargo, Fort Yates, Grand Forks, Jamestown, Minot, Valley City
Valley Senior Services Ransom County https://www.valleyseniorservices.org/senior-services/transportation/	701-683-3131	Lisbon City Van Mon-Fri 9:00-3:00pm \$ 2-in-town round trip \$ 5 out-of-town round trip \$ 1 for each addition stop County Vans Mon-Fri by appointment In county = \$5 per person Out county = \$8 per person Fargo Bus Tue & Thurs Leaves Lisbon at 8:30am Please schedule appointment \$ 8 per person Bring exact change for fare.
Valley Senior Services Sargent County https://www.valleyseniorservices.org/senior-services/transportation/	701-683-3131 877-857-3743	Rides to Fargo: on Tuesday Wednesdays and Thursdays (upon request) Call ahead to make arrangements.
Veterans Service Office	701-683-6126	Free rides for veterans to the VA medical center.

VETERANS SERVICES		
Name & Location	Contact Info.	Service Description
Department of Veterans Affairs 4201 38th St S, Suite 104 Fargo, ND 58104	701-239-7165	Veterans assistance.
ND Veterans Home 1600 Veterans Drive Lisbon, ND 58054 https://www.ndvh.nd.gov/	701-683-6500	Retirement home
Ransom and Sargent Counties Veterans Services https://ransomcountynd.net/veterans/ http://sargentnd.com/dept_veterans_service_officer.php	701-683-6126	Hours of Operation: Monday 8:30am-5:00pm at Sargent County Courthouse Tuesday, Thursday, and Friday 8:30am-5:00pm at Ransom County Courthouse Wednesday 8:30am-5:00pm at ND Veterans Home (Lisbon)
Veterans Crisis Line	Call 1-800-8255 Press 1 to talk to someone Or Text 838255 to connect with a VA responder	Connects service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text- messaging service.